The portion of Locust Street that the college sits on, running from Tower Street to Hemlock Street, will become Centralia College Boulevard in January.

Since college president James Walton came to the college in 2002, it has been a goal of his to link the college to downtown Centralia. Changing the name of Locust Street is one way he hopes to do this, he said.

“Having the name on the same signpost as the downtown’s two major streets will remind people of the close proximity of the college,” said Walton.

The name change will also create a corridor between the college and downtown that should encourage students to frequent downtown businesses and in return help the local economy, he said.

“The name will furthermore honor the work of the faculty, staff and students who have maintained a quality institution in Centralia since 1925, Walton said.

“To me the name change is recognition of everyone’s good work and is an indication of the pride the community has in the college,” he said.

The decision to change the name was made by the Centralia City Council only a few months after receiving a proposal from the Chamber of Commerce, said Tim Browning, mayor of Centralia.

“The college is an important part of the community,” said Browning.

In addition to honoring the college, the city council hopes that the name change will make the college easier to locate on a map, he said.

“To help the community, the college asked that the Locust Street address remain valid and accepted by the post office until January 2008 in order for businesses on Locust Street to use their stationery and address labels.

SAVANNAH WYTCHERLEY. 4, looks for the right color to draw faces with Oct. 28 in the Atrium on national Make A Difference Day. The college TSC (Twin City Student Council) and Head Start Early Learning Center Local Girl Scout Troop 920 volunteered to clean and add new laces to some of the donated shoes. Savannah’s mother, Wendee Donaldson, appreciated the work the groups did. “It’s very helpful,” she said. “It gives kids a chance to get something that maybe they couldn’t before.”

Portion of Locust Street named Centralia College Boulevard

BY CORINNE STROHBACH

Beginning fall quarter 2007 a diversity component will be implemented as a requirement for all academic transfer students.

The purpose of the requirement is to prepare students to critically understand, appreciate and respect culturally diverse thought and behavior.

“There is a commitment on campus to expose students to a focus of cultures other than the American culture,” said Laura Brener, dean of academic transfer. “The central focus of a diversity course should be on non-Western history.”

The requirement states that students must complete at least three credits of a diversity-designated course prior to graduation. The minimum of three credits must be met via a single three- to five-credit course – not three to five quarters of Lyceum.

However, many students will have far more than three “diversity” credits upon graduation, as many designated courses will fulfill both the degree and diversity requirements.

“This is not an additional distribution and the college is not developing a new class for students to take,” Brener said. “Instead we are killing two birds with one stone by identifying pre-existing courses that meet the diversity requirement.”

In order to be recognized as a diversity course, the curriculum’s central focus must be on non-Western history. At the moment there are several non-Western history-based courses, including Cultural and Physical Geography (GEOG 250), Cultural and Ethnic Pluralism in Contemporary Society (ANTH 225), Comparative Government (POLS 210) and Music of the World (MUSC 139).

The diversity requirement is not a new concept for two- and four-year institutions. Several two-year institutions, like Centralia, have implemented the requirement, as most, if not all, baccalaureate institutions within the state also require it for graduation.

Most common is the Edmonds’ Model, taken from Edmonds Community College in Lynnwood, which requires students entering degree and certificate programs of 45 credits or more to take at least one five-credit course with a “cultural diversity” designation as indicated in the college’s class schedule.

Centralia, borrowing from the Edmonds’ Model, decided to lower the requirement to three credits or more, that there are a number of three credit courses that fulfill the diversity designation, said Brener.

Diversity credits required for academic transfer students

BY EMILY ALLEN

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Bachelor of arts degree in criminal justice offered here

BY CORINNE STROHBACH

Beginning winter quarter, Centralia College will partner with Saint Martin’s University to offer a bachelor of arts degree completion program in criminal justice.

The program is open to students who have earned their associate’s degree at Centralia or elsewhere, said Greg Gilbertson, director of criminal justice here.

Depending on what classes students took during their first two years, they may be required to take certain prerequisites in English, 101, 102, or other humanities, social sciences and natural science courses before entering the program, said Gilbertson.

“Each student’s academic transcript must be evaluated on a case-by-case basis to make an accurate academic assessment prior to admission,” wrote Gilbertson in an e-mail.
New courses offered winter and spring quarters

BY EMILY ALLEN

In an effort to increase the curricular diversity, three new courses will be introduced during the winter and spring quarters at Centralia College. The courses – Mission: America in Vietnam, taught by Larry Dean, and Introduction to Forensic Sciences, taught by Lori Chabich, are scheduled for winter quarter, while a re-introduction of Jody Peterson’s Current Events: International Terrorism is scheduled for spring quarter.

Several other new courses are also being considered for spring, said Laura Brener, dean of academic transfer, in an attempt to offer more diverse courses that will meet students’ needs.

Vietnam in America

In 1967 a young man by the name of Larry Dean was drafted into the Vietnam War with the 1st Air Cavalry. When Dean returned home from his time in the service, few words were spoken concerning the war – as in those days it was not acceptable to do so. But today a history teacher at Centralia High School, he never spoke about his experience in the war – rather he would pass that portion of the curriculum on.

The creation of the Vietnam Wall, Dean said, was the turning point in the silence, and men and women started talking about their experiences during that time period. He started talking about his experience, as well, and created a one-quarter elective history course covering the war that he taught for nine years at Centralia High School.

Now, after a few years of discussing with Brener and the instructional council the possibility of teaching the course here, America in Vietnam will be offered winter quarter.

“It is important for this class to be taught now because of the recent parallels people are trying to make between Iraq and Vietnam,” Dean said.

Unfortunately, many people don’t know what they’re talking about – meaning those speaking, as well as being spoken to, he said.

“This course will hopefully raise the awareness and the understanding (of the war),” Dean said. “Also, it is another history course on campus that will expand the diversity of courses for students.”

As stated in the class schedule, this course will look at the “roots, conduct, home front, media coverage, and lessons learned” of the war. Dean, as a Vietnam veteran, also hopes to bring his personal experience and knowledge of the war to the classroom.

“I tend to look at the topic from the soldier’s point of view, rather than from the view of the academia, or the media, or the critics,” he said. “I try to keep from the eyes open, promoting it in a better light, helping to raise the awareness. I am trying to tell you if we’re going to go into a war we have to go in fully committed.”

Dean plans to use various outside resources, such as Vietnam veterans from the local community and mothers who seemed to us as well as anti-war advocates.

“In the past I’ve found that students are interested in the topic simply because, or because they had family in the war, or family that was anti-Vietnam war,” he said. “Because of that variety, this class can cause some heated discussions.”

The class will meet daily from 11-12:50, in LIN 103 and is listed in the class schedule as America in Vietnam, HIST 275A.

Forensic Science

Isn’t it amazing that in 50 minutes Gil Grissom, of C.S.B’s hit drama CSI, can solve a crime? Amazing as it is, television is not real and, unfortunately, forensic science is not a glamorous job as the hero and his team portray it to be. However, it still is a lot of fun, said Lori Chabich, science instructor.

As stated in the class schedule, Introduction to Forensic Sciences will provide “introduction to the role of biology, chemistry, and physical science in examination and evaluation of evidence pertaining to cases of medico-legal significance.”

“(Introduction to Forensic Sciences) will serve transfer students for biology and chemistry, as well as show the different sciences involved in forensic science,” said Chabich. “It will show students what else is out there when the ‘now what do I question’ comes.”

Students interested in taking the course should have a basic understanding of biology and chemistry, however there are no prerequisites.

The class will meet Tuesdays and Thursdays from 1-3:30 p.m. in ERT 113 and is listed in the class schedule as Introduction to Forensic Sciences, FORS 101A.

International Terrorism

Sept. 11, 2001 – the day many Americans got a front row seat and should have learned a valuable lesson. But Sept. 11 wasn’t the first strike of terrorism in the United States.

Due to many definitions of the term, the Sons of Liberty could be seen as terrorists.

What is terrorism?

“Terrorism is a political, economical, religious and gender-based topic,” said Jody Peterson, history instructor. “In fact, (the class) spends the first two weeks just trying to define terrorism.”

Due to the broad scope of the topic, as well as the sensitivity and emotions surrounding it, Peterson said the biggest challenge of the course is keeping the curriculum up-to-date, as well as personal bias out.

“Hopefully the course will help answer questions, such as ‘why terrorists feel terrorism is their only option,’ and will educate students about terrorism without controversy or confusion,” Peterson said.

Students will also be assigned a foreign newspaper to read in order to track terrorism in various countries, as well as a terrorism organization that explains the exception of the al-Qaeda – that they will research and write a term paper on.

The class is being taken the course should plan ahead, as the course will only be offered during spring quarter.

Prior to the meeting and time of the class were not available at the time of publication.

OH BOB, WE’VE BEEN WAITING FOR YOU

A man who was out on parole robbed a bank in Clearwater, Fla., and police immediately identified him from the video and knew him to be visiting his probation officer. Two days later, he was reported as scheduled, still wearing the same clothes and heading to the bank robbery. He was arrested.
Choreographer Merce Cunningham to be honored

BY TRINITY HOFFMAN

The Centralia College Foundation is sponsoring a project to honor Centralia-born dance legend Merce Cunningham.

The project consists of a photo display and a three-piece mural in the lobby of Washington Hall, said Jody Johnson, assistant director of the Centralia College Foundation.

“The intention was to honor Merce’s roots, and we especially thought it would be appropriate to put the picture and artwork in Washington Hall,” said Penny Martindale, art instructor.

The display will consist of eight photos portraying Cunningham, 87, at various stages of his long and fascinating life, said Johnson.

“The intent of the photo display is to show who Merce was through photographs,” said Johnson.

In the process of obtaining the best photos, Johnson and the Foundation had some issues with copyrights, but eventually they acquired some illustrous pictures from a biography about Cunningham, she said.

But the mural will be a striking representative of Cunningham as well.

The mural consists of three panels and will be 18 feet wide and 15 feet tall. It is so large that a special machine is being used to mobilize the panels while the artists work on it.

Mardintale and art student Tanya Domashchuk are the individuals responsible for creating the mural.

“The project is an excellent artist and student, and she appreciates being able to do this,” said Mardintale.

Domashchuk met with Cunningham’s family in Connecticut and presented a draft of the artwork, and after the Cunningham’s approval Domashchuk and Mardintale continued designing and producing the piece.

The style of the mural was largely inspired by Cunningham’s works, said Martindale.

“Cunningham, John Cage the composer and Roschenberg the painter are my heroes,” said Martindale. “I am honored and happy to do this.”

The mural will bring life and color to the lobby of Washington Hall, and will have several shades of blues, reds, blacks and oranges, said Martindale.

Nobody on campus knows the artists working on it will be able to see the mural before the dedication in January, said Martindale.

But once the photo display and mural are placed, Martindale hopes that observers will appreciate not just the artwork, but also the artwork as an expression of who Cunningham is.

Cunningham observed the abstractness found in modern dance and became famous in art nationally and internationally, becoming a Picasso of modern dance, said Martindale.

“He started small and worked his way to the top,” said Martindale. “Even though he’s made a name for himself he still credits Centralia as the root of his art form.”

And make a name for himself he did.

Cunningham is widely recognized as the greatest living choreographer. Earlier in his career he was also one of the greatest American dancers, according to the Merce Cunningham Dance Company Web site.

His earliest dance training was in tap and ballroom dance, with a local teacher, Mrs. Barrett, here in Centralia. But what Cunningham learned the most from Mrs. Barrett was that “dance is most deeply concerned with each instant as it comes along.”

He acquired his first formal dance training at Cornish College of the Arts in Seattle, then he went to New York.

After five years as a soloist in the prestigious company of Martha Graham, he began choreographing independently, first in solo concerts, then in 1953 he formed his own company, whose 50th anniversary was celebrated in 2003.

When Cunningham started independently choreographing, his close friend John Cage began working with him to make broad use of chance methods, which meant that not only musical forms but narrative and other conventional elements of dance composition, such as cause and effect, climax and anticlimax, were also neglected, according to the Web site.

With this acceptance, Cunningham became interested in telling stories or exploring psychological relationships, rather than the subject matter of his dances is the dance itself.

His original work in video and film, collaborating with filmmakers Charles Atlas and later Elliot Caplan, enlarged the possibilities of choreography for the camera.

Cunningham himself is an inventive visual artist, whose drawings of animals, birds and insects have been collected in a book, “Other Animals.”

Cunningham has been criticized as being overly spontaneous with his choreography, however, this does not mean that his dances are formless, but that their structure is organic, like something in nature, not preconceived and imposed on the material. There is no lateral thinking, the dancers know precisely what they are going to do before they go on stage, according to the Web site.

“You have to love dancing to stick to it. It gives you nothing back, no manuscripts to store away, no paintings to show on walls and maybe hang in museums, no camera to print the Auld, nothing but that single fleeting moment when you feel alive. It is not for unsteady souls,” said Cunningham.

The Merce Cunningham tribute dedication will be held January 20, 2007, from 2-4 p.m. in Washington Hall.
Vaccine protects women from cervical cancer

BY JESSICA NASH

The Food and Drug Administration has approved a new vaccine that will fight cervical cancer for women worldwide.

The vaccine is designed to protect girls and women from four of the most dangerous types of HPV. These four strains cause 70 percent of all cervical cancers and 90 percent of genital warts, according to the Washington State Department of Health.

Gardasil, the name of the vaccine, is licensed for the use by females ages 9 to 26. Gardasil is administered through a series of four shots over a six month period. Although further research is needed, current studies indicate the vaccine’s protection can last up to five years.

The vaccine is most effective as a preventive measure for young females who are not yet sexually active. The federal Advisory Committee on Immunization Practices recommends the vaccine for girls ages 11 and 12. Older, sexually active females can also benefit from the vaccine. But the vaccine is not effective if they have already acquired one or more of the four types of HPV the vaccine covers, reports the National Center for Health Statistics. If you have HPV, the vaccine will not change your cells back to normal. If you are infected with HPV, the vaccine cannot cure or stop the virus from spreading.

The vaccine works by teaching the body’s immune system to recognize and destroy virus particles. It is only given to women and men who do not have genital warts or a history of HPV. It is not recommended for people who are pregnant, have HIV or other sexually transmitted infections. The vaccine is not for people who have already been infected with HPV.

The vaccine is approved for girls and women ages 9 to 26. However, the vaccine is also approved for older females if they have not been previously vaccinated. The vaccine will not protect you if you are already infected with HPV. It is not recommended for females and males who have already been infected with HPV.

The vaccine is typically administered in four doses, given at two- and six-month intervals. The first dose should be given within the first year of life for girls and women who are not yet sexually active. The second dose is given two months later, the third dose is given four months after the second dose, and the fourth dose is given six months after the third dose.

The vaccine is effective against four types of HPV. These four types of HPV cause 70 percent of cervical cancers and 90 percent of genital warts. The vaccine is not effective if you are already infected with HPV or have a history of HPV. It is not recommended for people who are pregnant or have HIV or other sexually transmitted infections. The vaccine is not recommended for people who have already been infected with HPV.

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Almost seven inches of rain fell during the first week of the month, including 2.61 inches Nov. 6. The rains caused the creek to flood and the partial closure of several streets it flows under, including West Pine Street, West Locust Street and Harrison Avenue. Normal rainfall for the month of November is less than seven inches.

New policy concerning service animals in effect

BY CORINNE STROHBACH

A new policy defining service animals and outlining the responsibilities of their owners as well as faculty is in effect on campus.

The need for a policy concerning service animals came to the attention of the Student Policy Council last year and was completed fall quarter and put into effect Nov. 8, said Michael Grubiak, vice president of student services.

Pets, therapy animals and service animals are defined and differentiated in the policy.

According to the policy, a pet is an animal kept for pleasure or companionship. A therapy animal is an animal that helps people with disabilities or frailties. Pets and therapy animals are not allowed in classrooms.

A service animal, as explained in the policy and according to the Americans with Disabilities Act, is a guide dog, signal dog or other trained animal which helps an individual who has a disability.

Washington law defines a service animal as an animal trained for the purposes of assisting or accommodating a disabled person’s sensory, mental or physical disability.

Service animals assist people with disabilities such as visual impairments, hearing impairments and mobility impairments. They also help someone with a seizure disorder or a mental health diagnosis.

These animals are allowed in classrooms.

Owners of service animals are responsible for their animals and should be prepared to answer questions by college officials to verify the functions or tasks of the animal.

When writing the policy, the council not only had to define service animals, but also had to determine what behavior was allowed by the animals.

“‘We asked questions such as, ‘Is a service animal in the classroom allowed to bark or growl or roar?’” said Grubiak.

The council concluded that although college officials are required to allow service animals in the classroom, they also maintain the authority to ask that service animals be removed from their classrooms under certain circumstances.

Such circumstances include sick, unclean or malodorous animals. Also, if the animals’ behavior, such as barking or growling, is disruptive to the class, faculty can ask that the animal be removed until its behavior changes.

Although most classrooms allow service animals, they are prohibited in certain places on campus such as food preparation areas and chemistry or biology labs.

YES, A CARTON OF SMOKES AND OF COURSE IT’S REAL MONEY

A man in Batesville, Ark., tried to pass an obviously fake $100 bill to buy a carton of cigarettes. The ink was not dry, and there was no president’s face on it.
Auditions for winter play, Peter Pan, Nov 27, 28

BY TRINITY HOFFMAN

If telling one of the world’s most beloved stories appeals to you, then you should audition for the winter musical, “Peter Pan,” said Brian Tyrrell, professor of drama. The auditions will be held Nov. 27 and 28 from 2:30-5 p.m. in Corbet Theatre. This could be the time to find your fountain of youth, said Tyrrell.

For this year’s musical, Tyrrell decided to take a different route than last year’s production. While last year’s ‘70s-era rock musical, “Pippin,” told a coming of age story stressing the meaning of life, “Peter Pan” is a century old classic refusing to mature.

“‘Peter Pan’ has been performed since 1904 and is one of the most familiar stories in the world, for the president at the White House and across the country with symphonies and orchestras all over the world,” said Tyrrell. “It is a chance to tell a story of eternal youth through the eyes of children.”

This idea of eternal youth is present in our everyday American lives, from the Botox fad to not taking ourselves too seriously,” said Tyrrell. “This story reminds us experiencing ‘Peter Pan’ through movies and stage productions and that keeps the story alive and loved by each passing generation.”

The announcement of the fact that “Peter Pan” will be coming to campus sent shock waves across the college, said Mohney. “The administration and the board were all excited about bringing ‘Peter Pan’ to campus and have interactive performances with their audiences, said Mohney. “Almost everyone in the audience sings along,” he said. Joining the Brother’s Four on stage will possibly be the WJ West High School choir, said Candy Layman, event coordinator. The President’s Performances have been occurring since the opening of Corbet Theatre in 2002 and are a way for the college to bring both entertainment to the community and support from the community, said Mohney.

“The administration and the board wanted to bring entertainment we wouldn’t otherwise get and at the same time let the community help fund things at the college,” he said.

The college aims for three president’s performances a year, but when an opportunity presents itself, the college is more than willing to welcome more than three performances, said Mohney.

In the past, performances have had music from all genres, including classical, gospel, country and this year’s folk music. General admission tickets for this year’s performance can be purchased for $20 by contacting Layman at ext. 605 or can be purchased at the door.

For seats in the golden circle, the first 12 rows of Corbet Theatre, tickets are $30 and must be purchased in advance. Golden circle tickets will also include a chance to meet the Brothers Four at a designated time either before or after the concert.

Annual Trustee Tea to raise scholarship money approaches

BY CORINNE STROBACH

The fourth annual Trustee Tea will be held in the Hanke House Dec. 3 from 11 a.m. to 4 p.m. The Trustee Tea was designed for the Board of Trustees to raise money for scholarships, said Judy Guenther, member board. Each year, the Board of Trustees awards six or seven students scholarships depending on how much money is raised at the tea. The tea, held at the Green Leaves of Summer, from the John Wayne motion picture, “The Alamo,” was nominated for an Academy Award.

And even though the group is world-renowned, they have remained persona-ble and have interactive performances with their audiences, said Mohney. “Almost everyone in the audience sings along,” he said. Joining the Brother’s Four on stage will possibly be the WJ West High School choir, said Candy Layman, event coordinator. The President’s Performances have been occurring since the opening of Corbet Theatre in 2002 and are a way for the college to bring both entertainment to the community and support from the community, said Mohney.

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Kicking off this quarter’s music concerts Nov. 21 is the Lewis County Community Band. They will be performing traditional holiday favorites ranging from Beethoven to Charlie Brown.

The concert title is “Home for the Holidays,” and the opening piece will be Beethoven’s “Egmont Overture,” followed by “The Walking Frog” by Karl L. King and “Goober Peas” by Robert King and “Goober Peas” by Robert.

Following the show is “A String of Pearls,” as played by the Glenn Miller Orchestra and “One O’clock Jump” by Count Basie. “Fascinatin’ Rhythm” by Ira and George Gershwin will be done and follow by “It’s a Vei in or I” featuring saxophones, “Perdido,” “Silvery Bells” and “Birdland.”

“Mimes and More” will also present. A medley of traditional carols also will be performed, such as “The First Noel,” “Christmas Bells.” “The Twelve Days of Christmas” and “O Come, Little Children.”

“Trumpet Voluntary” by John Stanley will be carried out by the brass ensemble and to close the concert will be “Hark! The Herald Angels Sing” by the flute ensemble.

Clarinets and saxophones will be performed next and following it will be “March of the Toys” from “Babes in Toyland” by Victor Herbert.

The two closing pieces will be George Bizet’s “Overture from L’Arlesienne Suite No. 1” and “Light Cavalry Overture” by Franz von Suppe. Dee Morton will be the conductor and program director. The concert is presented by the Pacific Northwest Chamber Orchestra and Pro Musica.

There will be a hospitality service at intermission, including coffee, punch and cookies. Also available will be PNCO T-shirts.

There will be a hospitality service at Corbet Theatre. Free admission.

The Pacific Northwest Chamber Orchestra will perform Nov. 27 at 7:30 p.m. in Corbet Theatre. Free admission.

The Centralia College Jazz Band will present Dec. 1 at 7:30 p.m. in Corbet Theatre. There is a suggested donation of $5 for adults and $4 for senior citizens and students. Tickets are available at the door or from any choir member.

For more information call ext. 248.

White brings talent, personality to music

BY TRINITY HOFFMAN

This year’s leading clarinet player, Rachel White, is known for more than just her musical talent.

The 20-year-old Turnwater resident brings joy and laughter to the Music Department, said Cydnie Koreis, music student and friend of White’s.

“She is adorable and genuinely sweet,” said Koreis. “She is always happy to see you.”

But White’s knack for being a positive influence also radiates from her love for music.

White was initially drawn to music as a child. seeing her teenage aunt perform, will be transformed into a jazz performance with tables and chairs on the stage,” said Woodcock.

Dr. Donna Huffman will be the conductor. The performance is sponsored by Pro Musica.

Closing the quarter’s music concerts Dec. 4 is the Centralia College Choir.

The choir will sing traditional carols, such as “Away in a Manger” featuring violin soloist Stephanie Joyce Tso, and “Silent Night.” “Coventry Carol,” “Masters in This House” and “Christmas Program” featuring a cappella singing of “Jingle Bells.”

“This version of ‘Jingle Bells’ is very unique,” said Cydnie Koreis, music student.

Even the very simple can be complex because it can be a challenge to get an ensemble together and in tune, she said. White doesn’t intend to shrink from these challenges, head she intends to face them head-on.

White wants to teach high school music, but not just one genre, as many as she can handle, such as choir, concert band and jazz band.

White is a wild card of sorts that music teachers can branch out to, but White wants to primarily teach high school. “I had a great time in high school, I loved the trips we took and just the fun we had, so teaching high school for me would be like giving something back,” she said.

White likes the high school age group best and as a music teacher she hopes she will be able to make music fun and help students learn at their own pace.

“I want people to enjoy learning music as fully as possible,” she said.

White’s love for music keeps her driven and gives her confidence that is evident to her friends as well as her classmates.

“If she see me as meek but rea- ally she’s not afraid to perform and she tries to be encouraging and uplifting to the rest of us,” said Jeff Hoel, music student and friend of White’s.

White’s boldness helps her overcome reticent feelings so she doesn’t hold her self back, said Hoel. “She’s not afraid to express herself, but she always has the well-being of others’ feelings in mind,” he said.

Koreis describes White as a person who can epitomize a musician.

“She’s very musical and talented, but she’s also compassionate to others and she’s modest about her talents,” said Koreis.

Being able to mix well with other people is a quality valued in the Music Department, because everyone has to work together. “We’re like a tossed salad because we’re all thrown together and we have to spend a lot of time together,” said Koreis.

“And Rachel is like the little ray of sunshine.”
BEYOND PARALLAX

Club honors lifetime members

BY JESSICA NASH

As Beyond Parallax enters its 13th year as a student organization, it also welcomes new people of various skill sets to join and honors those who have plunged themselves into publications of the past.

Linda Foss, advisor of Beyond Parallax, says there are a few members who have graduated and continued with their lives, yet still devote energy, submissions and insight into the organization.

A few years ago, a student had the idea to acknowledge those members by giving them lifetime membership status. This special status not only celebrates their hard work, but also allows them to be affiliated with the student-operated group.

Foss says she appreciates the group dynamics between lifetime and new members. The diversity of members’ ages, backgrounds and talents enriches and strengthens the group, she says.

Currently, Beyond Parallax has three lifetime members, whose names are engraved in a plaque hanging in the Writing Center. Their names are Charles Lockhart, Joanie Meister and Deborah Lee, and all have stories about their journey through Beyond Parallax.

Charles Lockhart

For over a decade, Charles Lockhart, 78, has dedicated his time and talent to Beyond Parallax.

In 1996, Lockhart first came to campus to learn Spanish so he could translate letters for a friend. Soon, he expanded his involvement at the college by serving as a math tutor.

Eventually, he discovered Beyond Parallax and felt compelled to join because of his long-time love for writing.

Over the years, he’s attended meetings, submitted poetry and proofread manuscripts for Beyond Parallax.

Lockhart says he likes to write anything and everything. But clearly, he writes from a life both rich in learning and experience.

During his 23-year career in the Air Force, Lockhart served as an editor for several on-base newspapers. He also worked as an early-morning radio announcer, often writing his own news briefs.

The oldest of 12 children, Lockhart grew up on a farm in North Attleboro, Mass. In the early 1950s, he left the farming life to join the Air Force, which sent him all over the country, from Alaska to New York, and overseas to Japan and Thailand.

He has enrolled in several colleges, encompassing many subjects, but has received all his degrees through correspondence at the Triune Biblical University. He holds degrees in Bible knowledge, theology and letters.

Besides writing, Lockhart keeps himself busy through an array of activities such as woodworking, sewing and photography. He has been married for 36 years, has five children and lives less than two blocks from campus.

He motivates himself to make that brisk walk to campus and play a role in Beyond Parallax affairs. As long as he’s able, Lockhart says, he’ll maintain his membership and help in any way possible.

Joanie Meister

Joanie Meister’s interest in Beyond Parallax sparked after taking a creative writing class with Foss in 2002. She had never considered herself a writer before.

But, in that learning arena, writing quickly developed into a newfound passion. She then decided to explore it further by joining the club and serving as the co-editor of the 2003 publication.

At the time, Meister had just been hired full time in the college’s worker relocation office, where she holds her current position. She was wrapping up her associate’s degree and wanted to participate in Beyond Parallax.

Because of her dedication, she was granted a lifetime membership to the club that allowed her to maintain an affiliation, despite the fact she’s a college employee.

Besides writing, Meister enjoys participating in the club through fund raising, such as selling raffle tickets. Last year, she sold approximately 200 tickets.

Meister, 48, has had her writing published in two editions of “Beyond Parallax,” one of her favorite published pieces, “Chance, the Head Banger,” is about her son who has sensory integration dysfunction.

Through writing this piece, Meister discovered that the act of writing encourages personal growth and healing.

When it comes to writing, Meister views it as a means to express her innate creativity. She believes anyone can become a writer and wants to invite others to join Beyond Parallax.

Meister loves to write, but she also places great amounts of energy toward work and her two children. She doesn’t see writing as something she needs to ambitiously pursue. But she does see it as an outlet to pour her heart into.

“You need to have something in your life that gives you joy,” Meister says.

Deborah Lee

Deborah Lee has always considered herself a writer. But not until working with Beyond Parallax had she really pushed her poetry and short stories into the public sphere.

Lately, she’s began her journey with Beyond Parallax in 2003. She felt wary about putting her writing on a chopping block for the whole world. But soon, she felt a strong sense of enrichment through connecting with a group of fellow writers who supported her.

Lee saw the 2004 publication as a personal milestone. For the first time, her work had manifested into print. She saw Beyond Parallax as a launching pad that catapulted her writing ambitions into reality.

She now continues her work at Beyond Parallax as a lifetime member partially because she wants to give other writers the same opportunity to get published.

Lee obtained her associate’s degree in 2004 and wanted to continue to participate in the group. Her wish was answered when she was granted the lifetime membership. She remembers feeling both shocked and honored because she had only been with the group for a year.

Besides writing, Lee says she enjoys the fund raising aspect of the club because it’s active and hands-on.

She appreciates all the friendships she’s established with other club members. She says the hardest thing is that each year the club brings in a new batch of people that will eventually graduate and move on.

Lee herself has lived in this area her entire life. She currently lives in Rochester with her husband and five children.

Sometimes the process of writing and revealing it through publication can be difficult, but it’s a choice she never regrets making. She urges other writers to make those first steps by joining Beyond Parallax, no matter what their inhibitions are.

Lee’s advice to other writers is: “Even if you are scared to get involved, do it anyway.”

Centralia City Limits features local talent

Centralia City Limits, patterned after the public television program “Austin City Limits,” will feature a performance by Noah Gunderson, Justin Hamilton and Ben Ellis at 7 p.m. in the Wickstrom Theatre Dec. 8.

College officials hope to present a series of Centralia City Limits acoustic concerts throughout the year.

“It will be a local talent showcase, with direct crowd involvement in a small intimate setting,” said Steve Ward, vice president of finance and administration.

Free coffee will be available, provided by Starbucks, co-sponsor of the event. There is no cover charge, but toys will be accepted for the Joy Drive which provides toys for children hospitalized during the holiday season.

The concert will be broadcast live on community TV, channel 3.

THIS ISN’T GOING TO HELP
A woman came to court in San Jose, Calif., to answer a charge of possession of a methamphetamine pipe. When court officers searched her bag, they found a methamphetamine pipe.

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November 2006

**DIVERSITY**

**Latino summit inspires area youth**

**BY TRINITY HOFFMAN**

October 13 was a busy day at Saint Martin’s University which hosted the fourth annual Latino Youth Summit. Three hundred high school students flooded the campus, and among them was Centralia College student Brenda Mendez.

This wasn’t Mendez’s first time attending the summit, but she remembers the feelings from her first experience in 2004, which was hosted here.

“It was intimidating but the leaders have a way of drawing you out,” she said.

It wasn’t in Mendez’s plan to attend college, but after the 2004 summit she was inspired to go.

“The summit tells you about opportunities that are available out there,” she said. “They offer guidance and support.”

So this year Mendez was one of 100 volunteers.

As a volunteer, her responsibilities included assisting the students on their way to workshops as well as attending workshops of her choice and keeping the refreshments organized and accessible.

“I had a lot of fun and would encourage any Latino students thinking about college to go,” she said.

Jose Diaz, diversity outreach coordinator at Centralia College and master of ceremonies at the Latino Youth Summit, says that the primary goal of the summit is to inform and improve the Latino youth here and in the surrounding communities.

“The Latino community has a 50 percent drop-out rate for high schoolers, so at the summit we want to discourage kids from dropping out and instead look at opportunities in the post-secondary level of education,” said Diaz.

The summit wants to help improve the percentage rate of high school graduates and prepare and build futures for young Latinos.

The Latino Youth Summit is a regional event that travels each year to a different location in Lewis, Mason, Thurston and Grays Harbor counties.

“It’s held at colleges because we want to make the kids feel comfortable at a higher education establishment so they will want to return and go to school here,” said Diaz. “Statistics show that most Latinos attend community college before going to a four-year school, so we are sure to diversify our locations.”

This strategy also is successful for recruiting new Latino college students.

“It wasn’t just listening to the speakers,” she said. “The workshop leaders talk real. They offer guidance and support.”

Mendez

The next Latino Youth Summit will be Nov. 13, 2007, hosted at Centralia College.

For more information contact Diaz at 360-222-2424 or by e-mail at jdzlar@centralia.edu.

**DIVERSITY**

**Praying for an ‘A’ might not impress your prof**

**BY JEFFREY WEISS**

**MCT CAMPUS**

College professors aren’t all godless heathens, but they are more secular than the general population, according to a new study. And the more elite the institution, the more secular the professors are likely to be.

The study was done by two sociologists, Neil Gross of Harvard University and Solon Simmons of George Mason University. They contacted 1,471 professors at religious and secular colleges and asked about politics and faith.

The purpose of their report, released online this month, was to assess the observation by many religious conservatives that America’s universities are “a haven largely freed from religious perspectives.”

Among the notable results:

- Almost a third answered “none” when asked their religion—more than twice the percentage found in the general population.
- Science professors were the least religious. Accounting professors were the most religious.
- More than half the professors at places other than so-called “elite” universities said they absolutely believed in God. About a third of the professors at elite schools took that position. (The study used the U.S. News and World Report rankings to define elite institutions.) About 30 percent of community college professors considered intelligent design a serious scientific alternative.
- Fewer than 6 percent of professors at elite universities took that position.
- In a much larger survey, released by the University of California, Los Angeles, earlier this year, more than 80 percent of professors said they were “spiritual.”
- The studies indicate that spirituality affects how professors teach and interact with the world, said Jennifer A. Lindholm, the UCLA project director.
- Her study concluded that the more spiritual professors were more likely to use cooperative learning techniques in their classroom; to use their scholarship to address community needs; and to encourage students to improve their community service.

Professions of faith

Key findings on religion among U.S. college professors:

- 10 percent don’t believe in God.
- 13.4 percent don’t know if there’s a God, and don’t believe there is a way to find out.
- 19.6 percent believe in “a Higher Power of some kind,” but not a personal God.
- 16.9 percent believe in God, but have doubts.
- 35.7 percent know God exists and have no doubt about it.

**SOURCE:** Neil Gross, Harvard University, and Solon Simmons, George Mason University.
Some days life seems too perfect, smells too right.

Thanksgiving is one of those times at
my house.

My family—grandparents, aunts, uncles and cousins—all come together for a day when troubles are forgotten, arguments left for another time and the burdens of school, work and parenting set aside. We come together filled with food and football.

The smell of turkey, warm bread and the smell of six different kinds of pie fill the air.

If I were a stranger looking from the outside in, I would want that family, that food and that smell to be a wind blowing into the rooms, the faces of men and women, sometimes two in a bed, dying with no hope of a cure.

My dad once said it was the smell of death in the hospital. Each day, half of the patients in the adult ward didn’t make it to the next. My parents in the never-ending(yy) battle between home hospital while my brothers, mother and I would help with whatever we could.

We had been in Tenwek for a few days before my brothers and I ventured up the dirt hill from our house to the hospital. Everyone we passed along the path to the hospital smelled of weeks’ worth of perspiration and the inevitable body odor that accompanied it.

Guarding the gate of the hospital was a man, wearing a tattered security outfit, soaked in sweat. Inside, patients sat with that same smell and the outer halls of the buildings. Not sure where to go, my brothers and I followed the men and women lying in bed. If parents and kids can talk together, we won’t have as much censorship because we won’t have as much need for it.

I suspect some Puyallup teachers were an instrument of the devil preying on the young. They may be more curious to see what the big deal is about.

I do not understand why adults get so adamant about what young people should and should not read. I suppose they get riled up over sexual references, ungodly language and subversive ideas because they want to safeguard our children from the evils of the world.

In our nation, the right to intellectual freedom is key to democracy—it’s protected under the First Amendment of the Constitution. That means by the time they turn 18, they will have spent more time sucked in by the tube than learning in the classroom, according to the American Academy of Child and Adolescent Psychiatry.

I think it’s ironic that the Harry Potter series has received as much backlash as it has. The series’ ability to inspire millions of children to turn off the TV and read is flat-out phenomenal. But, instead of taking delight in children using their imagination, some people who don’t have the right to intellectual freedom are for some reason格外的生气.

Since I’ve started attending Centralia College, I’ve been able to create some wonderful memories with friends. But sometimes I look back to my childhood and my first two friends and think that was the only way to go.

I have two older brothers, and from the time my oldest brother, David, was born, my mother decided to home school her children.

We had a little house, full of the ordinary mishaps and joys of any country kids growing up in a world we perceived as wonderful ways to raise issue awareness in our nation, the right to intellectual freedom is key to democracy—it’s protected under the First Amendment of the Bill of Rights. I am thankful to live in a world where my family and I stayed, were a few houses which appeared similar to the houses in my neighborhood back home.

But farther up the hill, closer to the hospital, was a scene I was not familiar with—beggers on street corners, small children selling vegetables along dirt paths and women bearing bags outside night markets.

My family had traveled halfway around the world to live in this unfamiliar culture. My parents in the never-ending battle between home while my brothers, mother and I would help with whatever we could.

We had been in Tenwek for a few days before my brothers and I ventured up the dirt hill from our house to the hospital.

Everyone we passed along the path to the hospital smelled of weeks’ worth of perspiration and the inevitable body odor that accompanied it.

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Skin color affects the way we are treated

Growing up side by side with my half brother, Chaz, who has blonde hair, fair skin and blue eyes, has caused me to realize how otherwise similar individuals are treated differently based solely upon skin pigmentation. Chaz and I attended elementary school together. The first day at a new school, he came home beaming because he had been placed in a “faster” class.

That first day, before the teacher had had a sample of the kind of work I could do, before having any basis to make the decision, she placed me in a “slower” class.

At school, Chaz’s accomplishments were praised, but nobody seemed surprised by them. When I accomplished something, my teachers always seemed shocked, and usually these “accomplishments” were something so simple to me that I felt silly receiving praise for them. As a child, I almost expected my teachers to start lauding me just because I actually knew how to write my name.

Literature

CONTINUED FROM PAGE 10
time of innocence. Understandably, adults must protect their children from the ills of the world. They must, to an extent, check and filter their children’s influences and experiences. Parents and teachers should implant the initial gears of a child’s moral compass. But also, let us hope to raise children with minds capable of exploring infinite possibilities. Let us hope our children can chew on tough issues and stay strong. Let us hope they leave the nest as thoughtful beings who can draw solutions to the world’s heaviest problems. And one way to achieve this is to give them books – lots and lots of books.

So, the only voice missing in the “Autobiography of Miss Jane Pittman” was the government's. No, not really. How does the government expect people up to age 29 to practice abstinence if all they are going to do is talk and basically preach at them? The government will have to give them something back or I don’t think it will work.

Each individual person has its perks. For one, it meant that I got to drive David’s first car, a beautiful baby-blue 1979 Pontiac Firebird, meant freedom for all of us. For us, it meant being able to stay late on youth group nights to hang out with the “crew” at the hoppin’ place known as Dairy Queen. It also meant curfew, but we still had the biggest ride among the kids at the Life Center youth group during the first couple years of this millennium. Now we’re grown. David’s creating a career in politics, Jeremiah’s studying at a university, and I’m writing. I’m still finding myself, but I know that no matter where the road takes me, whatever career or academic aspirations I try, I will always have memories and my family to make me smile.

Childhood

CONTINUED FROM PAGE 10

trees, rocks, you name it, he’d try to climb it. One time I remember standing in our back field and asking Jeremiah where David was. He pointed toward the trees. I turned, and there he was, high in the air up a tree. He waved and then fell to the ground with a thump. He was fine, for the most part, but after that he didn’t wave when he was up in a tree.

Being the youngest and having brothers three and six years older has always had its perks. For one, it meant that I got wheels six years early. For the other, it means that I got to drive David’s first car, a beautiful baby-blue 1979 Pontiac Firebird, meant freedom for all of us.

Perhaps the concerns of those teachers are legitimate. But how will they truly know how the book will affect eighth graders until they read and respond to it? I say, let this year’s eighth graders be the judge of what literature they can handle.

INTERVIEWS AND PHOTOS BY CORINNE STROHBACH AND TONY HOLM

Katelynn Spahn

“You know, because the government wants to encourage people up to age 29 to practice abstinence, if all they are going to do is talk and basically preach at them, then the government will have to give them something back or I don’t think it will work.

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Do you think the $50 million the government plans to spend to encourage people up to age 29 to practice abstinence will be effective?"
Shaving minutes from everyday activities can ease the stress of the holiday rush

BY NERISSA PACIO & JODY CAPPS

Ever wonder how some people seem to always look relaxed, happy and oh-so-put-together? It’s not just genetics. Meanwhile, the rest of us are showing the strain of late nights at the office, skippin’ workouts and the same old stress-relatives and last-minute shopping.

The holiday crunch is looming, with more and more arriving each year. How to deal? We turned to the experts for advice on how to shave minutes off our day. Here are some tips in a more efficient workout to streamlining your morning makeup.

Time-saver workout

Do you enjoy on sweets and skip regular workouts, but Marie Crooks, fitness manager and personal trainer at California’s Club One Santana Row, suggests guesstimating in some exercise time, even if you go less frequently than you normally would. “It’s usually a free service where people do free gift wrap.”

Before you head out, check out the site’s maps showing locations of the stores you frequent. Knowing exactly what’s in your wardrobe, Franco says. “It doesn’t have to be even a chignon, Franco says. Then pull out small sections out from the temple of your hair onto the top of your head with a curling iron if you have one. “A ‘do at the office. You’re going out after work and need an instant evening out. How to do it? Brush your hair back into a chignon, Franco says. Then pull down small sections out from the temple of your hair onto the top of your head with a curling iron if you must be done for that endless list of family, friends and co-workers? It’s all in the planning, says Katie Rice Jones, San Francisco Bay-area style expert and co-host of Comcast’s TV show “Inside City Limits.”

Plan during down time. Think about your next day’s schedule while commuting or taking a shower. Rice Jones says. “You know you’re leading a Monday meeting in a power suit or moving offices in the…

Avoid ironing. Forget to iron last night? Throw a dryer sheet and a damp cloth in the dryer with that blouse you really want to wear while you’re doing your makeup or hair.

Organize your closet. Arrange it by type and color. Group all black pants together, white shirts, jeans, etc. Stack your hair accessories by color instead of grabbing them all in a big tangle. Wear basics, like a black wool-blend, all-black ensemble. Make it a rule to avoid the bathroom and simply refreshing it with hot tools or a spritz of your hair product. “It’s instantly a different look.”

Turn off e-mail and instant-messaging reminders when you’re trying to focus on a task or deadline. “It can take several minutes for our brains to recover from an interruption due to the fact that our short-term memory can only hold seven items,” Khawand says. “If we get interrupted every few minutes at the little task, it wouldn’t be possible productivity level, and not allowing ourselves to experience in-depth creative thinking and problem solving.”

Conquer e-mail. First answer the messages that are urgent and those that you can reply to in three minutes or less. You can do that and get back to other important tasks.

Use the 80/20 rule when sorting out your e-mail. Eighty percent of our e-mail is unlikely to have much impact. Twenty percent is important. That doesn’t mean 80 percent: just stick it in one catch-all folder. For remaining 20 percent, file carefully in appropriate folders.

Find ways to leave on time. Take a mid-afternoon, 30-minute to one-hour session to answer e-mails and other requests that must be dealt with by the end of the day. If you wait until the end of the day, they become more stress-inducing, you are less effective at getting them done or leaving the office on time.

In the morning, determine the time you’d like to leave the office. Set an alarm that goes off 30 minutes before that desired time. Quickly decide what must be done at that point, do what you can, and leave the rest for tomorrow.

Keep paperwork organized. Don’t keep papers you can save electronically after they have served their purpose. Create designated holding areas for papers that are works in progress. Consolidate to-do lists and eliminate notes and Post-its by using a journal. Assess your filing system and put it in the time up front to organize by applying the 80/20 rule.

Time-saver dressing

How will you ever get all your shopping done for that endless list of family, friends and co-workers? It’s all in the planning, says Beck Jahnsetek, concierge manager at Santana Row in San Jose, and Kathryn Finney, author of “How To Be a Budget Fashionista: The Ultimate Guide to Looking Fabulous for Less” and the blog www.thebudgetfashionista.com.

Make a list. Ideally, you’d keep a running holiday list year-round, says Jahnsetek, who creates an Excel spreadsheet of people, their interests, gift ideas and stores that carry the items. If you haven’t done that start now.

Visit a shopping center’s concierge. It’s usually a free service where people can get tips on finding items or getting specific gift ideas, Jahnsetek says. “We might know what merchandise has just arrived which stores do free gift wrap and where. Go when it’s not busy. Take a Tuesday, Wednesday or Thursday morning off to shop as everyone else has the shortest times at stores and the best days to find parking.

Before you head out, check out the site’s maps showing locations of the stores you want to visit, Finney says. Use gift cards. Put all you plan to spend on a gift card to budget time and money, Finney says. When the funds run out, stop shopping.

Time-crunched dressing

The question can burn precious minutes when you’re getting ready to work or dashed off to the holiday party. Shopping can be organized and knowing exactly what’s in your wardrobe, Franco says. “It doesn’t have to be even a chignon, Franco says. “It should be naturally beautiful.”

Work tips

You’re getting in earlier, answering e-mails, chatting with co-workers, returning phone calls, grabbing coffee, going to meetings and shooting off instant messages. The holiday crunch is looming, with more and more arriving each year. How to deal? We turned to the experts for advice on how to shave minutes off our day. Here are some tips in a more efficient workout to streamlining your morning makeup.

Time-saver workout

Don’t wash your hair daily. For long-lasting style, you’re probably doing too much. Pati Dubroff, Dior celebrity makeup artist at Beverley Hills, says that if you’re spending an hour or more on makeup and hair every day, you’re probably doing too much. Frisco says. “It’s usually a free service where people do free gift wrap.”

Before you head out, check out the site’s maps showing locations of the stores you want to visit, Finney says. Use gift cards. Put all you plan to spend on a gift card to budget time and money, Finney says. When the funds run out, stop shopping.
**HEALTH**

### Mother’s smoking may increase risk for heart defect

**BY RONALD KOTULAK**

MCT CAMPUS

Smoking cigarettes just before becoming pregnant and shortly thereafter may increase a woman’s risk of having a baby with congenital heart defects by 60 to 80 percent, according to a report presented last week at a meeting of the American Heart Association in Chicago.

And women who are exposed to second-hand smoke in the workplace or at home may also increase their risk of congenital heart disease, especially if they’re exposed to cigarette smoke at home or the workplace, she said.

The heart association estimates that 35,000 infants are born each year with congenital heart defects that range from mild to life-threatening. Although the causes of most defects are not known, scientists believe that genetic susceptibilities and exposure to environmental toxins, such as alcohol, infections, various chemicals and some medications play major roles.

Cigarette smoke contains about 3,000 chemicals, and little is known about their potential for causing heart defects, Malik said. Animal studies show that some chemicals in cigarette smoke can cause mutations in the developing fetus that might lead to birth defects, she said.

Similar results linking cigarette smoking to congenital heart defects were found in an earlier Baltimore-Washington Infant Study, she said. Malik is expanding her study nationwide as part of the National Birth Defects Prevention Study sponsored by the Centers for Disease Control and Prevention.

The national birth defects study has also found an increased risk of cleft lip and cleft palate in newborns of women who smoked during pregnancy, said epidemiologist Margaret Honein, chief of the birth defects branch. National statistics on the link between smoking and congenital heart defects are expected in a few months, she said.

“Smoking is a relatively common exposure during pregnancy with about one in five women reporting that they smoke,” said Bange.

“So there’s a good opportunity, if this association holds up, to prevent these serious heart defects.”

The heart’s basic structure develops early in pregnancy. This is an extremely vulnerable time and trace each other’s infections may interfere with the genetic blueprint that is directing the rapid construction of valves and chambers, resulting in abnormalities, Malik said. The most common problem is ventricular septal defect, which is a hole between two chambers of the heart.

Many women who smoke do not know when they become pregnant, and even if they stop smoking six weeks after conception, the fetuses in their womb remained exposed to the chemicals in cigarette smoke, Malik said.

She estimated that 2,000 congenital heart defects could be prevented each year if women stopped smoking before they became pregnant.

Her study found that of 566 Arkansas infants with congenital heart disease, 34 percent of the mothers were exposed to the chemicals in cigarette smoke, Malik said. The link between smoking and congenital heart defects appeared after tobacco smoke, for other potential influences such as alcohol consumption, diet and infections.

“We’re looking for some possibilities we found some slots in a Canadian tour.”

**DRAMA**

### Alumnus returns to perform award-winning play

**BY THIRTY HOFFMAN**

The two actors, “The Excursionists,” a one-hour comedy based on the adventures of Captain Nemo, was presented on campus Oct. 13.

The show was co-written by Centralia College alumnus, Chris Bange, whose last couple years have been eventful since he teamed up with the actor, Von Spreecken.

“We met about two years ago and when Von’s partner decided to quit we got together and kicked around ideas for a new show,” said Bange.

Bange and Von Spreecken had a mutual appreciation for science fiction stories, especially the classic TV shows.

“We read a lot of Jules Verne and watched 1970s sci-fi movies,” said Von Spreecken.

Bange and Von Spreecken wanted to make their play funny, spontaneous and off the wall.

They believed the movies that were totally weird and crazy, so that’s what we tried to create,” said Bange.

“We did not just study their science fiction movies, they also dived into 19th and 20th century science fiction literature, such as Jules Verne’s “Journey to the Center of the Earth.”

After their initial study, Bange and Von Spreecken created a show that opened a storyline that they hoped would delight audiences.

Bange and Von Spreecken created two Eng lishmen, one a wacky scientist, Professor Goggin, who invents an underwater train, and the other a slightly deranged nobleman, Lord Necksycracksy, who becomes Goggin’s confident and sizer, during the late 1800s.

Bange played Necksycracksy, whose name came from an accident six months ago.

“I broke my neck in a swimming pool accident, so that’s where I came up with the name Necksycracksy,” said Bange.

While the two actors were contemplating what to write as the plot of the play, they started asking questions about each other, one of them being “What if England sank?”

“We started thinking about what would happen in a crazy world if England sank in the 19th century,” said Bange.

So they plotted a story that Goggin’s underwater train could sink continents, and it later comes out that he’s searching for his one true love, Neptunia, while eliminating all the continents he’s not.

“Which leads to the climactic sword fight between Necksycracksy and Goggins, which is of course more funny than not,” said Von Spreecken.

But the most enjoyable thing about the play for both audiences and the actors is that nothing is the same twice, every time Bange and Von Spreecken perform the show, they do it different.

“It is the two of us there’s much more freedom than if it had three, four or more actors in it,” said Von Spreecken.

“We can relate in unrehearsed, spontaneous ways each other’s play of our other’s performances as we go along in the show.”

A sense of freedom and improvisation that goes with “The Excursionists” is the primary quality of the play, said Bange.

“Your one line can’t be free to go with our last minute thought and trust each other’s spontaneity to complement another person’s performance,” said Bange.

Bange and Von Spreecken performed several times in Seattle, took a break for two months then performed again here, where Bange first shot his performing skills.

Bange’s love for performing started with magic tricks he learned as a 9-year-old.

Then at W.E. West High School he polished his act by appearing in several stage productions, and here he studied with Brian Tyrell, drama professor, in preparation for Western Washington Uni versity, where he earned his Bachelor’s degree in theatre before working in Califo rnia and Seattle.

When Bange first came to Centralia College he had an abrasive personality, Tyrell said, but he saw that Bange had a flair for his natural attitude.

“His talent made him like a diamond in the rough,” said Tyrell.

“The magic talent he was already good at.”

But Bange’s sometimes rude mannerisms didn’t overly frustrate Tyrell, Bange’s acting teacher.

“You know what I’m looking for some possibilities we found some slots in a Canadian tour.”

But the professor was thankful when Bange reached his breaking point.

Tyrell and a group of students went to Poland to perform and learn new acting skills.

“We did three shows in Poland, and Chris didn’t like the food, so he started dieting and lost a lot of weight,” said Tyrell.

The dieting and new experiences softened Bange, and the following year when he returned to school he was nearly unrecognizable.

After his success that first kid in his family to go to college, so once he saw the importance of this accomplishment he started taking pride in the way he looked, said Tyrell.

Since Bange graduated from here and WWU, he has continued to grow and learn.

“He has come a long way and has come to realize that in this business if you want to succeed you will still have to work for yourself,” said Tyrell. “He knows that waiting is a part of the theater but you have to be able to take your own responsibility.”

In the spirit of this realization, Bange and Von Spreecken created a show that suited their own tastes and talents, and with it has been successful.

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Men set sights on tournament

BY TONY HOLM

A year ago the men's basketball team was picked to finish eighth in the tough NWAACC Western Division.

Instead, the Blazers placed fourth before finishing fifth at the NWAACC tournament. It was the first time the Blazers placed in the tournament during head coach Dave Klovdahl's tenure.

The team is picked to finish eighth by the league's coaches again this year.

Returning wing Mike Ognoskie thinks they are being overlooked.

“We feel like we have a pretty strong group,” he said. “I think we're a lot stronger than eighth.”

Ognoskie is one of only three sophomores among the team's 15 players. He started 10 games last season and averaged four rebounds. Although he was an active rebounder, he will have to be even more productive this time around, Klovdahl said.

As a freshman he was expected to hustle, rebound and play defense, but he needs to look to score more this season. All three sophomores averaged fewer than five points per game last year, and that leaves Klovdahl wondering who will score.

Devan Evans may be the answer. The 6-foot-4 freshman from Modesto Christian in California is reminiscent of the Blazer that led the team in scoring the past two seasons.

“He kind of reminds me of Marcus Isaacson (Hinton),” Ognoskie said. “I see him stepping up and being a big-time player.”

Melvin Samuel could also be one of the team's scoring threats. The 6-foot-5 post averaged 3.8 points and 3.5 rebounds in 10 minutes per game last year. But, he will have to play a more prominent role this season.

“We expect him to get at least 15 (points) and 10 (rebounds) a game,” Ognoskie said. “He is the team's tallest player, and Klovdahl hopes he can use that to his advantage.

“He has to give us an inside presence,” Klovdahl said.

Men and women in NAIA

By THE NAIA

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“He has to give us an inside presence,” Klovdahl said. “With his size and ability to score, hopefully he will help open up some things on the outside.”

Adrian Otten and Aaron Phillips could both provide a scoring threat this season. Both Otten and Phillips are potential all-league candidates.

“We need to have those two in the game as much as possible,” he said.

Fitch only started four games last season but played well off the bench, averaging five points and 3.9 rebounds.

“Her experience should help her this season, and I think she should get better,” he said.

Amanda Atcheson is a 5-foot-10 post/wing who was second in the triple jump at the 2006 3A state track meet. The 6-foot-4 wing also has long-range shooting ability.

“The team needs an active rebounder, and even though he may post up sometimes he will probably play a role as a perimeter player,” Otten said.

Earl Phillips is another tall, athletic wing who was second in the triple jump at the 2006 3A state track meet. The 6-foot-5 wing also has long-range shooting ability.

“The team’s go-to guy from the outside though is Eric Gaul, a guard fromMODESTO CHRISTIAN. He can shoot and that’s something every team needs,” Ognoskie said.

Joining Isaacson in the backcourt are four potential point guards. All have their attributes and each could see time at the position, Klovdahl said.

Aberdeen High School and was named athlete of the school career.

Prigmore, is coming off a successful high school career.

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Prigmore, is coming off a successful high school career.
Enjoy Huskies-Zags rivalry while it lasts

**COMMENTARY**

When the University of Washington Huskies visit the Gonzaga Bulldogs Dec. 9, one of the state’s most important rivalries may end — at least for now. Todd Turner, UW athletic director, phoned his Gonzaga equivalent, Mike Roth, during the final week of October to inform him that the Huskies will look elsewhere for Top-25 competition next season.

Although the decision is not yet final, after reading each AD’s comments, I think Rocky Balboa had a more realistic chance of beating Apollo Creed than the Huskies and Huskies do of playing next season.

This is not the best news for fans of college basketball in the state of Washing
ton for the long haul.

Turner’s reasoning — that UW now has a nationally-recognized program and should be playing in important, highly anticipated events rather than regional rivalries — does make sense.

The Huskies already play 18 games against Pac-10 schools, and if they’re going to play a powerhouse, they should not be risking a loss to a West Coast Conference school. Understandably, some sports fans were disappointed by the news.

But really, has this rivalry been so special? Is anything actually lost if the game does not continue?

Sure, last year’s game was a classic. Adam Morrison called 43 points while draining jumpers as if the basket was a toilet and all he had to do was flush. That was only one game though.

The Huskies won the five previous games by an average of 14.8 points, including blowouts by 24 in 2003 and 20 in 2001.

However, a six-point win in overtime for the Huskies in 2002 and the classic battle that took place last year left the state’s fans wanting more.

We had reason to be excited and wanted more of those games.

We needn’t complain though. It wasn’t that long ago that there was no reason to get excited about college basketball in Washington.

In the late 90s, after years of watching blowouts by 24 in 2003 and 20 in 2001.

Locals know, the group has to get faster, stronger and more agile.

The offensive and defensive players and wants to recruit players from programs that are better defensive players.

With the loss the Blazers fell to 2-21 for the second time this season 30-21, 30-18, 30-19.

The Zags won the five previous games.

The No. 7 Raiders swept the Blazers for the second time this season 30-11, 30-9, 30-20, 30-22.

The Penguins swept the Blazers 30-11, 30-14, 30-10 in Vancouver.

The Titans easily won in three games.

The Titans won 30-19, 30-16, 30-19.

With the loss the Huskies fell to 2-21 (1-7, Western Division).

The Blazers did not fare any better in their second meeting with the undefeated, league-champion Gators, falling in three games 30-15, 30-19, 30-7.

The Penguins swept the Blazers.

They need to be pushing themselves.

The Huskies have a mix of young talent that could develop into the best UW team ever.

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California duo adjust to the Northwest

BY TONY HOLM

From sunny California days to weeks of Washington rain and floods. That has been the biggest change for Devaun Evans and Eric Isaacsion since the freshman basketball players from Modesto, Calif., arrived in town this summer.

“I hate the rain and it never seems to stop – at all,” Evans said.

The Nov. 7 flooding of China Creek was an experience Isaacsion was not prepared for.

“We’ve never seen weather like that,” he said. “I’ve never seen floods. I really don’t like the rain.”

For these two, playing basketball in the NWAACC may be the easiest adjustment to life in Centralia.

The pair played for head coach Gary Porter’s Crusaders at Modesto Christian. The team finished 29-5 last year and lost in the semifinals of the California Interscholastic Federation Division V championships.

“Both played pivotal roles in our program,” Porter said. “Both are great pickups for your school.”

Evans averaged eight points, six rebounds and two assists last season. He didn’t even start.

Isaacsion did start and averaged seven points, three rebounds and two assists. Their senior class included three players that signed letters of intent to play for NCAA Division I teams. Adrian Oliver is playing for Lorenzo Romar in Seattle, Michael Porter is playing for Tubby Smith’s Kentucky Wildcats and Luiz de Toledo committed to Brigham Young University but is now playing professionally in his home country of Brazil.

A fourth member of the class, Todd Brown, is starting at Fresno Pacific University, an NAIA school.

Playing with that kind of talent in high school is an advantage for them as they learn to play in the NWAACC.

“Even Ognoskie is in his second year with the Blazers and knows how hard it can be to get used to the speed of the league, but he said that Evans and Isaacsion are adjusting quickly.”

“They’re not afraid of anything,” he said. “They don’t play scared.”

Evans knows his background is an advantage, not only as he learns to play in the league, but it also makes him more concerned about the team’s success rather than his own.

The opportunity to compete with that level of talent everyday forced him to improve, he said. It made him faster, stronger and a quicker thinker.

“I’ve already played with people that are better than the people I’ll play against this year,” Evans said. “That’s why, coming here, I’m used to sharing the spotlight and playing a role.”

Providing energy is something the high-intensity Evans is good at.

Last season in a first-round playoff game against Turlock Christian, Evans came off the bench in the first quarter with the team struggling. He quickly had a dunk on an offensive putback and added a few more before the quarter was over.

The Crusaders went on to blow out Turlock 29-28. “That’s what he would do, spark the team,” Isaacsion said.

Isaacsion was the only one of the five starters that didn’t go to a four-year school, although he had scholarship offers from NAIA schools in Oklahoma, Texas and North Dakota.

“I didn’t want to go that far away,” he said. “I thought it would be easier to go to a JC and get a scholarship from there.”

His role on the team was as a three-point shooter, Porter said. If Evans was the physical, off-the-bench guy, Isaacsion was the dagger-from-long-range guy.

“He’s a great shooter,” Evans said. “Anytime he’s open, it’s most likely going in. He’s never afraid to shoot the ball.”

Isaacsion shot 42 percent from three-point range last year.

He is also a strong defensive player and is learning the new system faster than most.

“I think he has picked up the system better than any of the freshmen,” Ognoskie said.

Ognoskie thinks the two have not yet shown all they are capable of.

“In time, everybody will find out how good they really are,” he said.

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Prigmore made the AP 1A all-state team as a senior after averaging 20 points, seven rebounds and five assists. He was also the Southwest Washington 1A most valuable player.

Both Ognoskie and Klovdhald have seen a marked improvement since Prigmore joined the team the first week of school.

“He handles pressure really well,” Ognoskie said. “He’s a great backup point guard.”

“Xavier Jones is one of three freshmen from Clover Park and at 6 feet 3 inches is a tall, quick guard.

Maury Selvin and Tavish Jones are the other Clover Park freshmen. The 6-foot-6 Selvin should help Samuel in the post.

He earned second team All-Seaount League honors in 2006 after averaging 9.3 points and 7.7 rebounds.

Tavish Jones is a tough, hard-working, 6-foot-2 man, he will do it.

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Women’s Basketball 2006-2007

Fitch brings intense style of play

**PROFILE**

BY TONY HOLM

When Gary Viggers, head coach of the Blazer women’s basketball team, talks about Ashlee Fitch, one of his four sophomores, a few words often come up. Aggressive, intense, tenacious, tough, versatile.

“She brings a physical presence,” he said. “She is a very important part of our basket.”

All those words are accurate descriptions of Fitch, but it is her versatility that sets her apart.

Fitch was a standout athlete at Tenino High School where she played three sports: basketball, track and soccer. She also played for fastpitch and soccer teams that were non-school programs.

Her list of accolades is a long one.

In four years with the Beaver basketball team she went to the 2A state tournament every year.

As a senior she qualified for the state 2A track meet in the 100 and 300 meter hurdles, taking a fourth-place medal in the 300.

It was as a soccer player that Fitch really excelled, helping the team to three consecutive state tournaments.

Fitch scored 28 goals in only 14 games as a senior.

Her dominance of the league earned her the Evergreen 2A offensive MVP award despite a knee injury that ended her season prematurely.

CONTINUED FROM PAGE 14

Prairie’s Mandy McFadden is the only 6-foot-0 footer on the team. She will mainly play the post but is athletic enough to play away from the basket.

“She jumps really well, she’s a great shot blocker and she runs very well,” Viggers said. “We’re going to count on her a lot to control the inside.”

Jennifer Wilson, Kyleene Davis and Ginnie Watson will also be used in the frontcourt.

Wilson only played 22 minutes last season but has improved and should see more minutes as a wing this year, Viggers said.

Davis and Watson were both members of the Blazer volleyball team and are Adna graduates. The pair are still learning the system after joining the team in late October.

Davis, a wing, was the volleyball team’s middle blocker.

“She’s athletic and she jumps well,” Viggers said. “We’ll take anything she can bring.”

Watson has the size and height to play the post, but she will need to become more aggressive as the season progresses, Viggers said.

Although the Blazers did lose starting point guard and Western Division MVP Karissa Scherer to graduation, Viggers has three players that could fill that role.

Valeria Lopez, a sophomore from Superior, Ariz., averaged 1.1 points and 1.4 rebounds last season.

“I’m pleased with her leadership,” Viggers said. “She is a lot more vocal this year and has been a real team leader.”

Also in the mix are Napavine’s Trisha Kaut and Centralia’s Jill Fuller.

Kaut was the backup to Scherer last season and averaged 2.6 points.

Fuller, a 5-foot-6 guard, is a solid ball handler who can play defense and score in the paint.

“She’s tough inside for a guard,” Viggers said. “We would like to post her up against other guards.”

Any of the three could start.

With only 11 players – four that have college experience – the team lacks depth. Much of the division is in the same position though.

When the coaches made their preseason picks, Highline, Lower Columbia and Tacoma were chosen as the top three with the Blazers fourth.

At the time, Highline, LC and TCC were the only three teams in the nine-team division with more than nine players.

Viggers believes those are the teams that his group needs to beat if they are to repeat as division champions.

The Blazers opened the season Nov. 17 at Everett and host North Seattle Nov. 24 at 5:30 p.m. League play begins Jan. 3 at Grays Harbor.

Although Viggers said it is too early to say for sure where the team will finish, he is optimistic.

“Right now we have a close-knit group, and I think they play well together,” he said. “We have some good outside shooting with Teresa and Ali, and some strong forward play with Ashlee and Amanda. This has the makings of a rewarding season.”

Women rely on new talent

**Valeria Lopez**

Guard

Sophomore

Superior

**Ali Matisons**

Wing

Freshman

Aberdeen

**Mandy McFadden**

Post

Freshman

Prairie

**Ginnie Watson**

Post

Freshman

Adna

**Jennifer Wilson**

Wing

Sophomore

Battle Ground

**Gary Viggers**

Ninth year

Career record: 161-74

**Women’s Basketball 2006-2007**
On the morning of Nov. 15, Penny Martindale sent an e-mail to her colleagues asking, “Does anyone know who and why the theatre murals were shrouded?” The art instructor was referring to the fact that the murals had been covered for almost two weeks.

Her question elicited a quick response from fellow faculty and staff. People wanted to know the answer to the new mystery surrounding “The Twelve Labors of Hercules,” which have a history of controversy.

Why were they covered? How long had they been covered? Who covered them and had this happened since their initial unveiling in October 2003?

Why didn’t anyone seem to have the answers? Gil Elder, director of maintenance and construction projects, was not aware they had been covered until the morning of Martindale’s e-mail.

Neither was Steve Ward, vice president of finance and administration. Possible reasons were bandied about among faculty and students.

Was it a rented former Attorney General John Ashcroft bringing art censorship to Lewis County? Was it a student prank? Not all the reasons, theories and rumors were as light-hearted.

One suggested that Jim Walton, college president, had said he would like the murals to be covered when the winter quarter musical “Peter Pan” is performed.

That proved to be false. “I have never been asked and have never said they should be covered,” Walton wrote in an e-mail. “They are significant pieces of art that played a role in the history of the state. It is appropriate that they be on display and the actual explanation, provided by Celeste Avy, executive director of the Care Center for Lewis County, was more innocuous than the speculation.

The center rented the theater for a performance, held Nov. 4, by comedian Mike Williams and the Voetberg Family, a local music group.

Avy requested the murals be covered for the event.

The group’s goal was not to be divisive, she said. Rather, it sought to appease donors and potential donors that might find two of the images offensive.

“We did not want to hold a program with donors that would not appreciate the two sections,” she said. “It really wasn’t supposed to be controversial.”

One section, the Hercules and Hippolyte panel, appears to depict a sexual encounter between the two that is either forced or consensual, depending on the interpretation.

Avy asked Tony Petzold, technical director of the theater, to cover the murals and he obliged in an attempt to be sensitive to the desires of the community and as an experiment, he said.

This was the first time Petzold received a request to cover them, and he wanted to see if the muslin curtains that covered the murals before their unveiling would even fall back to their original location.

Before the murals were hung, the curtains were used for light projection in the theater and were left in place for the possibility of using them in that manner again, he said.

But a family emergency the day of the Care Center event took Petzold out of town until Nov. 16 and the murals were left behind the curtains, leading to the newest controversy regarding these particular depictions of Hercules.

Their history predates most students on campus, going back more than 25 years.

According to a college brochure from the library’s digital archive, Michael C. Spafford was paid $92,000 by the state Legislature to paint the murals in 1980 and they were hung in the State Capitol in 1981.

Some of the legislators objected to the imagery and the murals were covered in 1982. After a brief unveiling in 1987, they were covered again until they were placed in storage in 1993.

Former college president Henry P. Kirk led an effort that cost approximately $100,000 and took more than 10 years to bring the murals to the college.

When plans for Washington Hall were drafted, Corbet Theatre was specifically designated to accommodate the paintings.

A Nov. 7, 2001, court order officially gave the college permission to remove them from storage and hang them in the theater.

They had remained viewable since their 2003 unveiling – until Petzold covered them either Nov. 2 or 3.

Although this was not a case of college-sanctioned censorship and they were uncovered within hours after Elder and Ward learned of the situation, it did bring to light the college’s lack of a policy regarding the accommodation of outside groups that rent the buildings.

If the murals in the theater can be covered per renter request, what else can be?

Whether or not the college needs to develop a policy will be discussed at an upcoming meeting of the college’s Executive Management Team. Walton wrote.

Study shows trans fats may increase risk for heart disease

BY RONALD KOTULAK

MCT CAMPUS

People who consume the highest levels of trans fatty acids, primarily from fast foods and packaged snacks, may have triple the risk of developing coronary heart disease than those consuming the lowest levels of trans fats, according to a Harvard School of Public Health study.

Earlier population studies have shown a link between trans fats and heart disease, but the new Harvard study is the first to show that people with the highest trans fats in their diet also had the highest levels of trans fats imbedded in their red blood cells.

The study, reported Tuesday at the American Heart Association scientific session in Chicago, found that high trans fat levels in the blood are associated with increased levels of low density lipoproteins, the so-called bad cholesterol, and low levels of high density lipoproteins, the helpful cholesterol.

“These biomarker data provide further evidence that high consumption of trans fatty acids is a strong and independent risk factor for coronary heart disease,” said Harvard’s Dr. Qi Sun. “It’s reasonable to recommend that the intake of trans fats should be kept as low as possible based on the evidence that we have.”

The study involved blood samples collected in 1989-90 from 30,000 participants of the Nurses’ Health Study. During a six-year follow-up period, 167 nurses were diagnosed with heart disease. They were matched with 544 healthy nurses for age, smoking and diet.

The researchers found, for example, that a woman consuming 4 grams of trans fats in a daily diet that consisted of 2,000 calories of fat had triple the risk of heart disease than a person consuming 2.6 grams of trans fats in a 2,000-fat calorie diet.

People found to have the highest levels of trans fats in their blood also were the ones who ate the most food containing high levels of trans fats. Besides fast foods and many prepared foods, trans fats are commonly found in fried foods and bakery goods.

“Most adults do not need trans fats and this research shows they are not good for our health,” Sun said.

UH, THIS? OH, IT’S NOTHING, WHY? I HAVE TO GET GOING

As a man was about to enter City Hall in Wichita, Kansas, officers at the security checkpoint asked him what was in the small black pouch he was carrying. He became nervous, said there was no need for them to check it, claimed it was just his identification, and the decide they had an urgent need to leave. Turns out, it contained three bags of cocaine. One officer said that people “don’t think we’re going to check them.”
The difference between a cold and the flu

The cold and the flu are respiratory illnesses caused by viruses. Colds are generally milder—you'll feel interested but not as if you want to die. The signature symptom of a cold is a runny nose. The flu will have you bumbling with fevers, achy all over, extremely tired and coughing incessantly. The flu can lead to serious complications, such as pneumonia. Sometimes, it’s hard to tell a cold from a flu based on symptoms alone. A doctor can test to see whether you have the flu in the first few days of the illness.

How do you treat cold and flu? The drill is pretty much the same: Drink plenty of liquids, get lots of rest, avoid using alcohol or tobacco, and treat the symptoms. Antibiotics won’t cure the flu, but some over-the-counter medications may help treat the symptoms, including acetaminophen for children and acetaminophen or aspirin for adults, decongestants and cough suppressants. A humidifier may also help.

— Jo Merry-Morales, Leominster Herald-Leader and MCT

WHAT IS AVIAN INFLUENZA (BIRD FLU)?

Avian influenza is caused by a virus naturally occurring in birds. Wild birds and migratory flocks are the primary reservoirs, and mammals, including humans, particles have not been infected with avian flu since 1977. The speed to human transmission has been rapid, but people have little or no natural immunity against the disease, so it could be disastrous.

PANDEMIC

A pandemic is a worldwide outbreak of a disease caused by a virus that spreads easily from person to person. Pandemics are different from influenza epidemics, or seasonal flu, which is much less serious. Pandemics may spread worldwide in a matter of months or years, and some like the one that spread in 1918 killed 500 million people worldwide. Within just two years, 20 percent to 40 percent of the world’s population had fallen ill from the virus.

PREVENTING THE FLU

A flu vaccination — either from a shot or a nasal spray — is the best way to prevent the flu. The best time to get the vaccination is in October or November, but getting the shot in December or later can still help since most flu activity occurs in January and can last until May.

People who should get vaccinated, according to the Centers for Disease Control and Prevention, include:

- Children between 6 months and 5 years old
- Pregnant women
- People 50 and older
- People with chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with those at high risk for complications from the flu
- Caregivers of children less than 6 months old
- Health care workers
- Those who should not get vaccinated include:
  - People with a severe allergy to egg proteins
  - People who have had a severe reaction to the flu vaccination in the past
  - Children younger than 6 months old
  - If you have had an illness with a fever, you should wait (get vaccinated) until your symptoms go away. Consult your doctor if you have any questions about getting a flu vaccine.

GERMS AT WORK

You can pass on the flu before you know you have it! You can be contagious one day before symptoms develop and up to five days after becoming ill. This means you can spread the flu to your co-workers, family, and friends. This is especially true for children, who can pass it on to others.

To help prevent the spread of germs at work:

- Don't cough into your hands. Cough into your elbow or in a trash can if you don’t have a tissue.
- Wash your hands often, especially if you cut frequently at your desk.

GERMS AT SCHOOL

With about one fifth of the U.S. population around or working in schools, it’s important to stop the spread of germs. Keep kids healthy, make sure they get plenty of sleep and exercise, eat properly and drink water, and keep your children’s and their classmates’ immediate area clean and有序. During the first day of the flu season, keep kids home until the symptoms improve. And if you have been exposed to the flu for 24 hours.

Schools should make masks available in classrooms and on buses, and encourage students to use them when sneezing or coughing into their hands. Make sure to wash their hands or use hand sanitizers after using a tissue.

STAY HOME

OK, you know what you are. You probably know how to get better today of work because you think what could be more important is you're sick in bed. And sick is the rule.

When you bring your sweaty nose and hacking cough to work — three quarters of all workers do — you share your misery with those around you. Keep feeling. Feeling is for the germs to pass through your workplace and hand readily back on you.

So here are some things of value:

- If you are a messenger of your ear canal and your clothes are infected in small, you have a fever. You are contagious. Stay home.
- People are sick? You are coming down with something and could pass it along to someone else. In this instance, it is not too late to work. Stay home.
- You feel sick? Take a good look at yourself. If you have one, get on your hands to your contacts, you might have me. You need to go the doctor and then, yes, stay home.
FINANCIAL AID

Apply now for Centralia College scholarships

BY CORINNE STROHBACH

Attending college was not the immediate course that Candace Robinson took after graduating from high school. She pursued an associate degree locally in secretarial science and worked for the Centralia School District as a sign language interpreter and then in the office of the executive director program before starting a daycare out of her home.

Nearly a decade later, Robinson decided to enroll in school at Centralia College. She was unsure of her career path and wanted to explore her dream of being an elementary school teacher.

But with a busy life that two small children bring, Robinson was sure to face obstacles.

Those obstacles were soon dissolved with the support of her family – and a scholarship to pay for her education.

Based on the success of Robinson and countless others like her, both first and second-year students are encouraged to take the time to apply for a Centralia College scholarship for the 2007-2008 school year.

Applications are available online at www.centraliacollegefoundation.com and in campus offices.

The scholarship application takes no more than five hours to complete and the average applicant receives roughly $1,500, said Steve Ward, vice president of finance and administration.

“Filling out the application allows students to reflect on what they’ve done and what they want to do,” said Ward.

Although students with higher grade point averages are more likely to receive more in scholarship money, the college also looks at community service and the goal of the student.

Some scholarships are designated for specific career fields and do not depend primarily on academic grades. Another factor that determines how much students receive in scholarships is their financial aid requirement, provided financial aid they receive. Even if students will not receive financial aid, and whether eligible for financial aid or not, fill out the same application form which consists of three components – community and campus information, a personal essay, and letters of recommendation.

The requirement involvement includes a variety of activities such as the walk-n-knock, participation in political campaigns, involvement and interest in drama or dance, volunteer coaching or participation in various clubs – either high school or college.

The goal of the college is for the students to leave with a degree and no debt,” said Ward.

All students applying for a scholarship, whether with a high grade point average or low, and whether eligible for financial aid or not, fill out the same application form which consists of three components – community and campus information, a personal essay, and letters of recommendation.

The application deadline is Jan. 22. The college will then review the applications and give the students feedback before the final draft of the application is submitted no later than Feb. 1. For more information or an application, visit www.jackkentcookefoundation.org.

The Barry M. Goldwater scholarship is awarded to 300 students nationwide and awards each student approximately $7,500.

Silam’s scholarship is for students pursing a career in science, mathematics and engineering.

The scholarship, as well as an Excel workshop in the Writing Center Dec. 5 for information or an application, visit www.jackkentcookefoundation.org.

The deadline is Feb. 1.

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Pride Scholarship

Pride Scholarship Funded by the Greater Seattle Business Association offers scholarships to students with need and who demonstrate leadership in the gay, bisexual or transgender community.

There are over forty scholarships available that only require one application, said Foran.

The Jack Kent Cooke scholarship has awarded more than $1.5 million to over 500 recipients since 1990, according to its Web site.

To receive the scholarship, applicants must be attending a community college or technical institute. They must fulfill all requirements in a four-year institution, have a minimum grade point average of 3.5 and be nominated by a school administrator.

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